



MANASA

(RESIDENTIAL SCHOOL FOR INTELLECTUALLY DISABLED CHILDREN)



SCHOOL CALENDAR 2026-2027



MANASA REHABILITATION & TRAINING CENTRE PAMBOOR

Registered Office : Padubelle Post, Udupi Dist, Karnataka - 574 116

Organisers : Catholic Sabha, Udupi / Mangalore Pradesh ®

Contacts : Trust : 8277219523 | School : 8277219524 | Hostel : 8277219712

website : www.manasapamboor.com Email : manasapamboor@gmail.com



Mr Michael Dsouza and Mrs Flavia Dsouza, Philanthropist & well-wishers were honored by Most Rev Dr Gerald Isaac Lobo, Bishop of Udupi in the presence of Rev Fr Denis D'Sa, PRO, Diocese of Udupi, Commodore Jerome Castelino, (VSM) on November 15, 2025 during inauguration of Manasa Autism Early Intervention Unit.



Manasa Autism Early Intervention Unit was inaugurated and blessed by Most Rev. Dr Gerald Isaac Lobo, Bishop of Udupi on November 15, 2025.



A 59 seater new school bus was added to our fleet for the benefit of students with CSR support from Adani Foundation.

STUDENT INFORMATION

(To be filled in by the Parent or the guardian)

Name of the Student : _____

(Capitals) _____

Class/Division : _____

Roll No/Admission No : _____

Date of Birth : _____

Blood Group : _____

Disability (%age) : _____

I. Q. Level : _____

UDID No. : _____

Adhar No of Student : _____

Father's Name : _____ Sign _____

Occupation : _____

Mother's Name : _____ Sign _____

Occupation : _____

Guardian's Name : _____ Sign _____

Address : _____

Contact No (Mob)

Father: _____ Mother: _____

Guardian : _____

Class Teacher's Name : _____

Signature : _____

Affix Photo

ಶಾಲಾರಂಭದಲ್ಲ ಪ್ರಾರ್ಥನೆ

ಸೃಷ್ಟಿ ಕರ್ತನಾದ ದೇವರೇ ನಿಮ್ಮ ಪ್ರೀತಿಯ ಮಾನಸ ಶಾಲೆಯ ಮಕ್ಕಳಾದ ನಾವು ಈ ಪ್ರಾರ್ಥನೆಯ ಮುಖಾಂತರ ತಮ್ಮ ಕೃಪೆ ಆಶೀರ್ವಾದವನ್ನು ಯಾಚಿಸುತ್ತೇವೆ. ನಿಮ್ಮ ದೈವೀ ಆಶೀರ್ವಾದವು ಈ ಸಂಸ್ಥೆಯ ಮೇಲಿರಲಿ ನಮ್ಮನ್ನು ನಮ್ಮ ಸಿಬ್ಬಂದಿ ವರ್ಗದವರನ್ನು ನೀನು ಹರಸು ಪ್ರತ್ಯೇಕವಾಗಿ ಈ ಸಂಸ್ಥೆಯ ಪ್ರವರ್ತಕರಾದ ಕ್ಯಾಥೋಲಿಕ್ ಸಭೆಯ ಹಾಗೂ ಆಡಳಿತ ಮಂಡಳಿಯ ಮೇಲೂ ನಿಮ್ಮ ಕೃಪೆ ಇರಲಿ. ಈ ಸಂಸ್ಥೆಯ ಏಳಿಗೆಗಾಗಿ ದುಡಿಯುವ ಸರ್ವರ ಮೇಲೂ ನಿಮ್ಮ ಕೃಪೆ ಆಶೀರ್ವಾದವನ್ನು ವಿನಮ್ರವಾಗಿ ಬೇಡುತ್ತೇವೆ. ಪ್ರತ್ಯೇಕವಾಗಿ ಫಾ| ಜೆಫ್ರಿನ್ ಮೊನಿಸ್ ಹಾಗೂ ಎಲ್ಲಾ ಹಿತೈಷಿಗಳನ್ನು ಕರುಣಿಸು. ಈ ಸಂಸ್ಥೆಯ ಆರಂಭದ ದಿನದಿಂದ ಈ ವರೆಗಿನ ವರೆಗೂ ನಮ್ಮನ್ನು ಉತ್ತಮ ದಾರಿಯಿಂದ ನಡೆಸಿ ಇನ್ನು ಮುಂದೆಯೂ ಯಾವುದೇ ಕುಂದು ಕೊರತೆಗಳಿಲ್ಲದೆ ಸಾಗುವಂತೆ ನಮ್ಮನ್ನು ಹರಸಿ ಹಾರೈಸು. ಕರ್ತರಾದ ದೇವರೇ ಈ ನಿಮ್ಮ ಮುದ್ದು ಮಕ್ಕಳ ಪ್ರಾರ್ಥನೆಯನ್ನು ಆಲಿಸಿರಿ.

ಪರಲೋಕದಲ್ಲಿರುವ ನಮ್ಮ ತಂದೆಯೇ ನಿಮ್ಮ ನಾಮಕ್ಕೆ ಸ್ತೋತ್ರವಾಗಲಿ, ನಿಮ್ಮ ರಾಜ್ಯ ಬರಲಿ, ನಿಮ್ಮ ಚಿತ್ತ ಪರಲೋಕದಲ್ಲಿ ನೆರವೇರುವ ಪ್ರಕಾರ ಭೂಲೋಕದಲ್ಲಿಯೂ ನೆರವೇರಲಿ, ನಮ್ಮ ಅನುದಿನದ ಆಹಾರವನ್ನು ಇಂದು ನಮಗೆ ಕೊಡಿರಿ. ನಮಗೆ ತಪ್ಪು ಮಾಡಿದವರನ್ನು ನಾವು ಕ್ಷಮಿಸುವ ಪ್ರಕಾರ ನಮ್ಮ ಪಾಪಗಳನ್ನು ಕ್ಷಮಿಸಿರಿ. ನಮ್ಮನ್ನು ಶೋಧನೆಗೆ ಒಳಪಡಿಸದೆ ಕೇಡಿನಿಂದ ನಮ್ಮನ್ನು ರಕ್ಷಿಸಿರಿ.

INTRODUCTION

MANASA, founded by the Catholic Sabha, Mangalore Pradesh (now divided into Udupi and Mangalore Pradesh) and run by Board of Trustees is a Rehabilitation and Training Centre for intellectually disabled children. It is situated at Pamboor, Padubelle a village in the Udupi District of Karnataka State in India. The Centre, inaugurated on 14-11-1997, has undertaken the onerous task of rehabilitating the specially - abled children by giving them suitable training to become the productive assets of their families in particular and the society at large. The founding fathers of the Centre who saw the miserable condition of these children – some of whom did not have even the basic toilet skills – and the despair of their parents, came forward to launch this much needed project. Thanks to their relentless efforts and the dedicated service of the staff, the Centre has, over the past twenty eight years of its fruitful existence, made many intellectually disabled children enter the mainstream of the society as income generating assets to their parents.

The Centre admits children in the age-group of 6 to 18 years irrespective of caste, religion, colour or creed and keeps them until the age of 25 years. At present there are 152 children on Rolls hailing from different districts of Karnataka and those of Goa and Maharashtra. Of these 65 are staying in the hostel and are given special care. The children are divided into 20 classes according to their intellectual abilities and they are given training in the basic life skills so as to make them independent in their day-to-day life in addition to the vocational training in tailoring, book binding, candle making, production of carry bags, host making and other handicrafts. Manasa Special School has tied up with AMBA, Bangalore for “Alternative Education for Adults” with severe to moderate intellectual disabilities and established a computer data entry training centre. The children are also given yoga practice daily along with the basic education. A team of 47 dedicated staff with Sr. Vinny Gonsalves as the Principal and Sr. Mary Beck as Warden strives hard to achieve the desired goals. Arrangements are also made for the regular visits of doctors, speech therapists, occupational therapists. Physio therapists from K.M.C. hospital, Manipal to cater to the health needs of the children.

The Centre has many achievements to its credit in the field of sports and games. Seven of our students participated in the “World Special Olympics” and won 7 medals for India in different events (four gold, two silver and one bronze). Every year selected students are sent to participate in the State and National level sports and games and they brought laurels to our Centre by winning different places. The Centre has won many National & State level awards for the yeomen services rendered to special children of our society.

VISION: “Create a better world around us and provide training for a respectful co-existence of neglected ones”

MISSION: To facilitate the special children toward a happy and self-reliant life, by creating conducive conditions, through education, training, employment opportunity, welfare and social security

Objectives:

1. To provide early identification, intervention and interaction service for young children with intellectual disabilities, so that optimum benefit of utilizing their capabilities and opportunities may accrue to these children.
2. To impart basic education to intellectually disabled children and to rehabilitate these through appropriate training directed towards the goal of enabling them to lead as an independent life as possible.
3. To promote the ability in children with intellectual disability through income generating and remuneration activity and employment.
4. To work for prevention of intellectual disability through parental education and proper child care.
5. To provide all the help to the persons of organizations who take up the work that will help children with intellectual disabilities to lead a normal life just like other normal children in the society.

Programme Details:

- * Early identification / Intervention

- * Basic education / Physio therapy * Speech therapy
- * Occupational therapy
- * Vocational training * Parental awareness

Special Features of the School

1. The School and Hostel premises constructed on a land measuring 3.60 acres and owned by the Trust.
2. The School and Hostel premises are surrounded by ample open space, vast playground and garden.
3. Situated away from city crowds with serene rural environment and full of greenery.
4. The school is well equipped with modern teaching materials and has dedicated, trained and qualified staff.
5. Doctors, Speech therapists, Occupational therapists and Physio therapists visit the school regularly from K.M.C. Hospital, Manipal.
6. Keeping in view the needs of special children, apart from academic skills, co-curricular activity is followed everyday viz. Yoga, P.T., School Band, Music & cultural activities, Gardening, Catechism/Moral Science, Craft classes etc.
7. Vocational Training in Tailoring, Carry bags, Book binding, crafts, candle making, Host making etc. is being taught as per individual child's skill level.
8. For day scholars Bus facility available in the predetermined route.
9. Hostel facility is available for non local children. The following facilities are available at the Hostel.
 - (a) Separate furnished dormitories for Boys and Girls. Two sections each for Junior and seniors.
 - (b) Vast Dining Hall with attached well maintained kitchen.
 - (c) Adequate number of helpers/care takers and hygiene workers available 24X7 every day.

- (d) Indoor games viz. table tennis, carom, snake & ladder , puzzles and outdoor games viz. Volleyball, Shuttle Cock, Cricket, Throw ball, Foot ball, Children's Park, Swing etc.
- (e) Entertainment: T.V., music system, CD player, singing and cultural program.
- (f) National and local festivals are celebrated with the help of sponsors.
- (g) Services of trained warden is available to take care minor illness.
- (h) Separate Hostel Vehicle is also available in case of medical emergency to shift to hospital.
- (i) Visit of Voluntary Service organisations entertained.

General Information for Admission

1. Intellectually Disabled Children of both sexes aged, between 6 to 18 years irrespective of caste, religion are admitted and trained until 25 years of age.
2. At the time of admission along with the application following documents are required.
 - * Address Proof, Disability Certificate / UDID Card
 - * Ration Card / Aadhaar Card * Date of Birth Proof
 - * I. Q. Certificate
 - * Photograph (passport-8 Copies & Stamp size- 4 copies)
 - * Transfer Certificate (If the child is transferred from another school)
 - * Caste Certificate (If belongs to SC/ST group)
3. School begins on 1st June every year. (Exact dates will be displayed on the notice Board).
4. Admissions / Re admissions on April / May every year.
5. Hostel Check-in one day before school reopening (before 4.00 p.m.)

6. All hostel children must be taken home during April-May and October holidays.
7. Bus facilities are available on the predetermined routes on first come first serve basis.
8. Guardians/legal guardians are required to give an affidavit

School Regulations (Rules)

1. Admission is through the formal printed application form only.
2. Students should follow the rules and regulations given in the school diary as well as issued by the school authorities periodically.
3. Every student should attend the classes. For any reason if they come late or absent to the school, they should indicate the reason for the tardiness/absence before the beginning of the class, students should present a leave note to their class teachers. Permission should be obtained from the class teacher in case the student wants to leave early from the class
4. When the student is absent due to prolonged illness for more than 3 days, the parent must inform the school authorities. Absence due to illness should be supported by evidence such as doctor's certificate.
5. If a student is suffering from any contagious disease such as chicken pox, measles, conjunctivitis etc., the parents are requested not to send the child to school until the child is completely cured.
6. When the student is absent, the parent must record the reason in the leave record section of the school diary.
7. Students must compulsorily participate in the school assembly. While moving to the assembly, classes or other school programs students should maintain silence and walk in lines.
8. During the school assembly and other programs the student should follow all instructions and maintain strict discipline.

9. The parents, guardians or visitors are not permitted to meet students during school hours in the school premises without the Principal's permission.
10. No students is permitted to leave the campus during school hours including lunch break. In unforeseen circumstances, a student may be leave only with the prior permission of the Principal or class teacher.
11. Students must carry their school Identity Cards and School Dairy/ Calendar every day while coming to school.
12. The students must wear prescribed school uniform and ID cards on Monday, Tuesday, Thursday and Friday. On Wednesday and Saturday student must wear sports uniform.
13. Students should pay extra attention to punctual, discipline and give more importance to cleanliness and sanitation.
14. A minimum of 75% attendance is mandatory for all students
15. Letters of any intimation sent to parents must be properly responded to. Parents when summoned to the school must understand that there is something very important to be discussed with them.
16. Parents and guardians are encouraged to meet the class teacher at least once per term to discuss the student's conduct and academic progress.
17. Parents are requested to label all belongings (e.g., water bottles, tiffin carriers, umbrella, shoes etc.) with the student's name and class.
18. Parents must avoid criticizing any teacher/School/Management in the public. Communicate with the Management in writing if you have any genuine grievance.
19. Parents must see the Progress Records of their children and help them to rectify their defects as regards the study and conduct.
20. Parents, Staff and students are strictly prohibited from speaking to media with regards to school affairs.

21. Parents are requested to check the school diary regularly to ensure it serves its intended purpose as a communication tool.
22. Home is a child's first school, and the school is their second. A child's development is shaped by both; therefore, healthy cooperation between the two leads to more fruitful results. Parent's wholehearted cooperation is expected to maintain discipline and decorum.

School Bus:

1. For day scholars Bus facility is available in the predetermined route on first come first serve basis.
2. Parents/Students shall not attempt to stop the busses in any other place other than their own designated stops. In such cases written permission from the Principal is must.
3. Parents of small children shall accompany the child and help the child board the bus in the morning, and receive the child by waiting on the left side (door side) of the road in the evening. This is very important because small children lack knowledge of traffic rules. They have a tendency to run and cross the road in a hurry as soon as they get off the bus. Therefore, parents are requested to come and hold the child when they get off the bus and cross the road only after the school bus has left the bus stop.
4. Parents are requested to educate their children constantly about the basics of traffic rules and show them the right example when using the road.

Training Methodology:

The children are grouped in 7 divisions

- | | | |
|------------------------|--------------------|---------------|
| (i) Early Intervention | (ii) Pre-Primary | (iii) Primary |
| (iv) Secondary | (v) Pre-vocational | |
| (v) Computer | | |

Students are grouped according to their age and I.Q. level with each class consisting of seven students. The Syllabus follows the guidelines set by NIEPID Secunderabad. Every child's progress is recorded

quarterly. A dedicated timetable is designed to incorporate Special education, Speech Therapy, Physiotherapy, Occupational Therapy, Vocational Training, Yoga, Music and Dance, Sports, Gardening, crafts, drawing, and Moral Science.

Outstanding Achievements:

- 31 Students successfully completed S.S.L.C. exam under the State syllabus.
- More than 30 Students have been placed in Jobs at various centres.
- 7 students participated in the World Special Olympics, winning 4 gold, 2 silver and 1 bronze medal for India.
- 800 students have been trained over the last 28 years.
- Manasa has received numerous awards from state, national and international organizations for its outstanding service to specially - abled children.

Manasa stands at a pivotal points in its journey, looking ahead to serve children with intellectual disabilities with renewed zeal and enthusiasm. It intends to leverage the experience gained over the last twenty eight years and the goodwill of the community to grow further and be recognized among the finest institutions serving the special children

Manasa Computer Section

In order to overcome the limitations of employability, Manasa has tied up with AMBA, Bangalore for “Alternative Education for adults with moderate to severe Intellectual Disabilities”. AMBA has evolved a scalable livelihood solution for intellectually disabled community using Information & Communications Technology {ICT} and peer driven process. AMBA’s scaling model facilitates the special schools to involve into hubs for learning and earning, using existing infrastructure, administration and trainers keeping overheads to a minimum.

From 1st of June 2017 Manasa Special School has become AMBA Certified Partner Centre (ACPC). Manasa has established a computer training centre with all the facilities. The selected children

are being trained using AMBA curriculum. Different stages of training and their efficiency is tracked by monitoring staff from AMBA Core Centre at Bangalore. The curriculum throughout the learning process does not teach computer literacy but encourages each individual to use the computer as a tool to do visual data entry. The process also encourages mainstream standards of accuracy, accountability and meeting time frame. Empathy and sympathy can get them the job but efficiency will help them keep the job.

Manasa Autism Centre

As a part of Manasa Silver Jubilee Celebration a separate Manasa Autism Centre Building was inaugurated on 31.05.2022 by Most Rev. Dr. Gerald Isaac Lobo, Bishop of Udupi Diocese. The Centre is fully furnished and equipped to give necessary therapy and training to the Autistic Children. In the academic year 2025-26 Manasa Autism Centre had 52 students with 8 trained teachers 2 support staff, Physiotherapist, Speech Therapist and a Special Educator cum counsellor on regular basis.

Manasa Centre has entered into a MOU with MAHE University, Manipal and as per the MOU, MAHE is supporting in the areas of Physio Therapy, Occupational Therapy and Speech Therapy. Accordingly professionals/students visit Manasa in groups and give their services to our students. In each of these areas an “Individual Education Plan” (IEP) for each child is drawn on the basis of the assessment/recommendation of Clinical Psychologist at the beginning of each academic year.

M/s. Ishaanya India Foundation, Bangaluru, a renowned Autism Training Institute is our Technical Partner for furnishing/Equipping and Training of teachers of Manasa Autism Centre. The Technical Team of M/s. Ishaanya India Foundation headed by Mrs. Swathi Vellal Raghunandan, visited Manasa twice during the year 2022-23 and submitted detailed project report for implementation.

To involve parents in the training curriculum, we have formed an Autism students Parents - Teacher Association. A dedicated WhatsApp group has been created to exchange ideas and information, and volunteer groups have been formed to visit the

centre on a rotating basis. This initiative helps parents learn various therapy procedures and supports students in their one-to-one training plans.

The Manasa Autism Centre features well equipped therapy rooms to train one-to-one therapy rooms. We have also created an audio-visual facility to facilitate activities that improve eye contact. Additionally, we have established both open and covered play areas, as well as a sensory room / path to address behavioural issues identified during assessments.

Manasa Autism Centre is established “Early Intervention Unit” for the identified autistic children in the age group of 3 to 6 years and also have plans to increase the number of classes.

Azim Premji Foundation, Bengaluru

Manasa is pleased to inform that the Centre has entered into an agreement with Azim Premji Foundation (APF), Bengaluru for undertaking a project viz ‘Strengthening and Expansion of Manasa Autism Centre’. The agreement is for three years initially, beginning from January 2025 till December 2027. As per the agreement, APF will support Specialists staff appointed for the purpose. Accordingly, we have already appointed a full time Project Coordinator, Speech Therapist, Physiotherapist, Special Educator/Counsellor and helpers. The Centre is in the process of appointing Clinical Psychologist, Occupational Therapist and two more Special Educators.

Manasa Autism Centre has already started Early Intervention Unit (EIU) with three children. In the previous academic year the total strength of Manasa Autism Centre has increased to 52. This academic year onwards the Centre is planning to increase the strength in EIU and also in other Autism Classes. We may state here that Manasa Autism Centre is one of its kind in the district equipped with Modern Teaching /Therapy Equipments to provide one of the best trainings/therapies for our Autistic students. The Centre has also planned to reduce the teacher student ratio from 1:7 to 1:5.

Our partnership with Craftizen Bengaluru

The school has entered into an MOU on 26.09.2025 with Craftizen Bengaluru, a voluntary organization supporting vocational activities

in special schools. The organization has trained two of our teachers in Vocational Skills like Diya painting, Agarbathi making, scented candles making etc. Teachers in turn are training our eligible students in these crafts. The activities began last year in a modest scale and are likely to improve in the years to come.

YOUTH 4 JOBS

YOUTH 4 JOBS, is a pan India voluntary organization training Intellectually Disabled Children in vocational skills and preparing them for interviews by imparting training in soft skills for placements in and around Mangalore. The school conducted a sensitization programme in association with youth 4 jobs for 21 parents and their wards on 16.01.2026 in which they were sensitized about imparting soft skills and preparing our students for jobs interviews etc 18 students of our centre were selected for training in academic year 2025-26, out of which at least 14 are likely to be placed in different organizations for employment. Youth 4 jobs have a committed team in Mangalore and the team is Intellectually Disabled students friendly. This is an ongoing programme for rehabilitating our students. The parents may kindly take note of the same.

Skill Development Section

To impart practical knowledge to students above 16 years of age we have established a “Skill Development Section” during the academic year 2023-24. In this section we are training eligible students, various concepts viz. time, money, measurements (weight/length/distance) and business skills. A fully furnished Lab/Workshop facility created in house.

Health Checkup Section

During the academic year 2025-26 a health check up facility is established under the guidance and support of our Founder President Dr Edward Lobo. A fully equipped and furnished Clinic is established adjacent to the Trust Office. Our Physician visits School on pre determined dates and conducts regular health check up of all students and records his findings along with his remarks. This information is kept in the Medical File of the School.

Physician also attends emergency calls from School/Hostel and prescribes medication and suggests further treatment if needed. The School also conducts Medical Camps viz. Dental, Eye, General Health Check up depending upon the needs.

Grievances Redressal Committee

A Grievances Redressal Committee has been constituted and it consists of following members:

1. Managing Trustee
2. Principal
3. President - Parent Teachers Association
4. Dr. Gerald Pinto, Trustee
5. Mr Joseph Noronha Trustee

Guidelines:

1. Whenever any complaint arises from Parents/Guardians on the treatment of their wards in the School/Hostel, the respective Class Teacher has to attend it first.
2. If the Parents/Guardians are not satisfied on the redress of the complaint by the class teacher the matter must be escalated to the Principal. Principal would put in every effort to resolve the complaint to the satisfaction of the Parents/Guardians.
3. If the complaint remains unresolved at the Principal's level, the Principal must refer the matter in writing to the Grievances Redressal Committee at the Management Level (Managing Trustee).
4. The Managing Trustee would call a meeting of the committee and also invite aggrieved party to the meeting.
5. The decision of the committee would be final and binding all the parties.

CHILD PROTECTION POLICY

Manasa Rehabilitation and Training Centre (MRTC) have adopted Government Child Protection Policy (CPP) with the following broad objectives:

1. To create robust, child – centric and effective child protection policy to its educational institutions.

2. To build the capacity of institutions, law enforcement and care givers to provide effective and child friendly care and protection.
3. To allocate adequate resources and monitor their effective utilization.
4. The primary focus of the MRTC child protection policy lies on prevention of any form of violation of the right of children.
5. MRTC is committed towards creating and preserving a robust safety net around every child.

The management has constituted POCSO/POSH committee to implement and monitor/ review the guidelines formulated by the government. The following are the members who are nominated to the committee.

- | | |
|---|---------------|
| 1. Sr. Vinny Gonsalves, Principal | - Chairperson |
| 2. Mrs. Muriel Premalatha, Vice Principal | - Member |
| 3. Mr. John Martis, Managing Trustee | - Member |
| 4. Sr. Mary Beck, Warden | - Member |
| 5. Mrs. Sumana, Special Educator/ Counselor | - Member |
| 6. Mrs. Seema Shetty, Autism PTA President | - Member |
| 7. Dr. Rohith Kunder, PTA Vice President | - Member |

The designated member shall promote

- * Child Protection ethos in the school.
- * Develop and update the school's Child Protection Policy regularly.
- * Ensure parents receive a copy of Child Protection Policy every two years.
- * Provide training to all school staff including support staff regarding Child Protection.
- * Be available to discuss Child Protection concerns of any member of staff.
- * Be responsible for record keeping all Child Protection concerns and maintain all records in a secure location.
- * Make referrals to the school's designated counselor.

**ಮಾನಸ ಪುನರ್ವಸತಿ ಮತ್ತು ತರಬೇತಿ ಕೇಂದ್ರಕ್ಕೆ ಸೇರುವ ಮಕ್ಕಳು
ಹಾಗೂ ಹೆತ್ತವರು ಪಾಲಿಸಬೇಕಾದ ನಿಯಮ - ನಿಬಂಧನೆಗಳು**

1. 6ರಿಂದ 25 ವರ್ಷ ಪ್ರಾಯದ ಗಂಡು ಯಾ ಹೆಣ್ಣು ಮಕ್ಕಳಿಗೆ ಜಾತಿ ಮತ ಭೇದವಿಲ್ಲದೆ ಎಲ್ಲರಿಗೂ ಮುಕ್ತ ಅವಕಾಶ ಇದೆ.
2. ವಿಶೇಷ ಮಕ್ಕಳ ಬುದ್ಧಿಶಕ್ತಿ ಸಾಮರ್ಥ್ಯದ ವೈದ್ಯಕೀಯ ಪರೀಕ್ಷೆಯ ನಂತರವೇ ಮಕ್ಕಳನ್ನು ಶಾಲೆಗೆ ಸೇರಿಸಲಾಗುವುದು.
3. ಹೊಸತಾಗಿ ಸೇರಿಸುವಾಗ ಈ ಕೆಳಗಿನ ದಾಖಲೆ ಪತ್ರಗಳನ್ನು ನೀಡತಕ್ಕದ್ದು.
 - ✍ ವಿಳಾಸ ಪುರಾವೆ (ವಾಸ್ತವ್ಯ ದೃಢೀಕರಣ ಪತ್ರ)
 - ✍ ಅಂಗವಿಕಲರ ಗುರುತಿನ ಚೀಟಿ / UDID
 - ✍ ಪಡಿತರಚೀಟಿ (Ration Card)
 - ✍ ಆಧಾರ್‌ಚೀಟಿ / (Adhar Card)
 - ✍ ಜನ್ಮ ದಿನಾಂಕ ದಾಖಲೆ ಪತ್ರ
 - ✍ I.Q. Certificate
 - ✍ ಜಾತಿ ಪ್ರಮಾಣ ಪತ್ರ (SC/ST Caste Certificate)
 - ✍ ಆದಾಯ ಪ್ರಮಾಣ ಪತ್ರ (Income Certificate)
 - ✍ T.C.Certificate (ವರ್ಗಾವಣೆ ದಾಖಲೆ ಪತ್ರ)
 - ✍ Photographs - (ಭಾವಚಿತ್ರ)- 8 ಪ್ರತಿ ಪಾಸ್‌ಪೋರ್ಟ್ ಮತ್ತು ಸ್ಟಾಂಪ್ size
 - ✍ ಬ್ಯಾಂಕ್ ಪಾಸ್ ಪುಸ್ತಕ
 - ✍ ಅಂಗವಿಕಲತೆ ನ್ಯೂನತೆ ಪತ್ರ
 - ✍ ಹೆತ್ತವರ ಅಧಾರ್ ಚೀಟಿ
4. ಗಂಭೀರ ಕಾಯಿಲೆಗಳಿರುವ ಮಕ್ಕಳನ್ನು ಶಾಲೆಗೆ ಸೇರಿಸಿಕೊಳ್ಳಲಾಗುವುದಿಲ್ಲ.
5. ಸಾಮಾನ್ಯ ಶಾಲೆಗಳಂತೆಯೇ ಈ ಶಾಲೆಯೂ ಕೂಡ ಜೂನ್ 1ನೇ ತಾರೀಖಿನಿಂದ ಪ್ರಾರಂಭವಾಗುವುದು.
6. ವಸತಿ ನಿಲಯದಲ್ಲಿ ನಿಲ್ಲುವ ಮಕ್ಕಳಿಗೆ, ಶಾಲೆಯ ಪ್ರಾರಂಭದ ಮೊದಲ ದಿನ ಸಂಜೆ 4 ಗಂಟೆಯ ಒಳಗೆ ಬಂದು ಸೇರಿಸತಕ್ಕದ್ದು.
7. ವಸತಿಗೃಹದಲ್ಲಿರುವ ಮಕ್ಕಳ ಹೆತ್ತವರು ತಮ್ಮ ಮಕ್ಕಳನ್ನು ಎಪ್ರಿಲ್ - ಮೇ ಹಾಗೂ ಆಕ್ಟೋಬರ್ ತಿಂಗಳ ರಜೆಯಲ್ಲಿ ತಮ್ಮ ಮನೆಗಳಿಗೆ ಕಡ್ಡಾಯವಾಗಿ ಕರೆದುಕೊಂಡು ಹೋಗತಕ್ಕದ್ದು.
8. ದಿನಾಲೂ ಶಾಲೆಗೆ ಬಂದು ಹೋಗುವ ಮಕ್ಕಳಿಗೆ ಮೊದಲೇ ನಿರ್ಧರಿಸಿದ ಸ್ಥಳಗಳಿಂದ ವಾಹನದ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಲಾಗಿದೆ.

9. ದಿನಾಲೂ ಶಾಲೆಗೆ ಬಂದು ಹೋಗುವ ಮಕ್ಕಳಿಗೆ ಅವರ ಮಧ್ಯಾಹ್ನದ ಊಟದ ವ್ಯವಸ್ಥೆಯನ್ನು ಕಲ್ಪಿಸಲಾಗಿದೆ.
10. ಸಂಸ್ಥೆಯಲ್ಲಿ ಕಲಿಯುವ ಎಲ್ಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪೂರ್ವಾಹ್ನ 11.00 ಗಂಟೆಗೆ ಕ್ಷೀರ ಭಾಗ್ಯವನ್ನು ಕಲ್ಪಿಸಲಾಗಿದೆ.
11. ಮಕ್ಕಳಿಗೆ ಅಪಘಾತ ಅಥವಾ ಗಂಭೀರ ಕಾಯಿಲೆ ಮುಂತಾದ ಸಂಭಾವ್ಯತುರ್ತು ಸಂದರ್ಭಗಳಲ್ಲಿ ಆಗುವ ವೈದ್ಯಕೀಯ ವೆಚ್ಚವನ್ನು ಮಕ್ಕಳ ಹೆತ್ತವರೇ ಭರಿಸತಕ್ಕದ್ದು. ಒಂದು ವೇಳೆ ಮಕ್ಕಳ ಪ್ರಾಣಕ್ಕೆ ಅಪಾಯ ಬಂದೊದಗಿದಲ್ಲಿ ಮಾನಸ ಪುನರ್ವಸತಿ ಮತ್ತು ತರಬೇತಿ ಕೇಂದ್ರವು ಇದಕ್ಕೆ ಜವಾಬ್ದಾರರಲ್ಲ.
12. ಶಾಲಾ ಪ್ರಾಂಶುಪಾಲರ ಅಥವಾ ವಾರ್ಡನರ ಒಪ್ಪಿಗೆ ಇಲ್ಲದೆ ಮಕ್ಕಳು ಶಾಲಾ ವಠಾರದಿಂದ ಹೊರಗೆ ಹೋಗಲು ಅವಕಾಶವಿಲ್ಲ.
13. ಸಾಮಾನ್ಯ ಊಟದ ವ್ಯವಸ್ಥೆಯೇ ಎಲ್ಲಾ ಮಕ್ಕಳಿಗೂ ಅನ್ವಯಿಸುವುದು.
14. ಮಕ್ಕಳ ಕಾಯಿಲೆಗೆ ಒಳಗಾದ ಸಂದರ್ಭಗಳಲ್ಲಿ ತುರ್ತು ವೈದ್ಯಕೀಯ ನೆರವನ್ನು ನೀಡಲಾಗುವುದು.
15. ನಿಯಮಿತವಾಗಿ ರಕ್ಷಕ - ಶಿಕ್ಷಕ ಸಂಘದ ಸಭೆಯನ್ನು ಜರುಗಿಸಲಾಗುವುದು. ಅಲ್ಲಿ ಮಕ್ಕಳ ಪ್ರಗತಿಯ ಬಗ್ಗೆ ಚರ್ಚಿಸಲು ಮುಕ್ತ ಅವಕಾಶವಿರುವುದು.
16. ವಾರದಲ್ಲಿ ಮೊದಲು ನಿರ್ಧರಿಸಿದ ದಿನಗಳಲ್ಲಿ ಕಸ್ತೂರ್ಬಾ ಮೆಡಿಕಲ್ ಕಾಲೇಜು, ಮಣಿಪಾಲದ ವೈದ್ಯರು ನಮ್ಮ ಸಂಸ್ಥೆಗೆ ಬಂದು ಮಕ್ಕಳಿಗೆ ಅಗತ್ಯವಿದ್ದ ಫಿಸಿಯೋಥೆರಪಿ, ಆಕ್ಯುಪೇಶನಲ್, ಸ್ಪೀಚ್ ಥೆರಪಿಯನ್ನು ನೀಡುವರು. ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಫಿಸಿಯೋಥೆರಪಿ, ಸ್ಪೀಚ್ ಥೆರಪಿಸ್ಟ್‌ರವರನ್ನು ನೇಮಕ ಮಾಡಲಾಗಿದೆ.
17. ಪೋಷಕರಿಗೆ ಹಾಗೂ ಮಕ್ಕಳಿಗೆ ನೆರವಾಗಲು ಅಪ್ಪ ಸಮಾಲೋಚಕರನ್ನು ನೇಮಕ ಮಾಡಲಾಗಿದೆ.
18. ಹೆತ್ತವರಿಗೆ ತಮ್ಮ ವಿಶೇಷ ಮಕ್ಕಳ ಪಾಲನೆ ಪೋಷಣೆ ಬಗ್ಗೆ ತಿಳಿದುಕೊಳ್ಳುವ ಸಲುವಾಗಿ ಶೈಕ್ಷಣಿಕ ಸೆಮಿನಾರ್‌ಗಳನ್ನು ನಡೆಸಲಾಗುವುದು.
19. ಮಕ್ಕಳ ಪಠ್ಯಕ್ರಮದ ಜೊತೆಗೆ ಪಠ್ಯೇತರ ಚಟುವಟಿಕೆಗಳಾದ ತೋಟಗಾರಿಕೆ, ವ್ರತ್ತಿಪರ ಶಿಕ್ಷಣ, ಅಟೋಟ ತರಬೇತಿಯನ್ನು ನೀಡಲಾಗುವುದು.
20. ಮಕ್ಕಳ ಹೆತ್ತವರು ಯಾ ರಕ್ಷಕರಿಂದ ಶಾಲೆಗೆ ದೇಣಿಗೆ (ಸಹಾಯಧನವನ್ನು) ಕೃತಜ್ಞತೆಯಿಂದ ಸ್ವೀಕರಿಸಲಾಗುವುದು. ದೇಣಿಗೆಯನ್ನು ಆಫೀಸಿನಲ್ಲಿ ಕೆಲಸದ ವೇಳೆಯಲ್ಲಿ ಪಾವತಿಸಿ ರಶೀದಿಯನ್ನು ಪಡೆದು ಕೊಳ್ಳತಕ್ಕದ್ದು. ದೇಣಿಗೆಗೆ 80 ಉಪಕಾರಕರ ವಿನಾಯಿತಿ ಸಿಗುವುದು.
21. ಶಾಲಾ ಪ್ರವೇಶ ಪ್ರಕ್ರಿಯೆಯು ಜನವರಿಯಿಂದ ಪ್ರಾರಂಭಗೊಳ್ಳುವುದು.
ನಾನು ಈ ನಿಯಮಗಳನ್ನು ಓದಿದ್ದೇನೆ ಹಾಗೂ ಅವುಗಳನ್ನು ಪಾಲಿಸಲು ನನ್ನ ಸಂಪೂರ್ಣ ಸಹಕಾರವನ್ನು ನೀಡುತ್ತೇನೆ.

ದಿನಾಂಕ:

ಹೆತ್ತವರ / ಪೋಷಕರ ಹೆಸರು ಮತ್ತು ಸಹಿ

SCHOOL TIMINGS

Detail	Timings
Prayer, Assembly & Yoga	
(General Assembly on Monday)	09.30 – 10.30 a.m.
1 st Period	10.30 – 11.15 a.m.
Tea/Snack break	11.15 – 11.30 a.m.
II Period	11.30 – 12.00 p.m.
III Period	12.00 – 12.30 p.m.
Lunch Break	12.30 – 1.30 p.m.
IV Period	1.30 – 2.15 p.m.
V Period	2.15 – 3.00 p.m.
VI Period	3.00 – 3.45 p.m.
Zero Hours (Disperse)	3.45 – 4.00 p.m.
School Bus leaving (week days)	4.10 p.m.
School Bus leaving (Saturday)	1.00 p.m.
Music Class – Tuesday – Friday	3.00 – 3.45 p.m.
Moral Science – Monday	3.00 – 3.45 p.m.
Computer Class – Monday,	
Wednesday & Friday	11.30-12.30, 1.45-2.45
	2.45 – 3.45 p.m.
Physiotherapy –	
Tuesday & Friday (K.M.C. Manipal)	09.30 – 11.00 a.m.
Mass P.T – Saturday	10.00 – 10.30 a.m.
Speech Therapy –	
Week Days except Saturday	09.30 – 4.00 p.m.
Occupation Therapy,	
KMC Manipal Doctors visit Tuesday	10.00 – 11.15 a.m.

PATRON / SPIRITUAL DIRECTOR

S.No	Name	Designation/Position
1	Most Rev.Dr Leslie Clifford D souza	Patron (Bishop of Udupi Diocese)
2	Most Rev. Dr Peter Paul Saldanha	Patron (Bishop of Mangalore Diocese)
3	Msgr. Ferdinand Gonsalves	Spiritual Director Catholic Sabha Udupi Pradesh
4.	Rev. Fr J.B. Saldanha	Spiritual Director (Catholic Sabha Mangalore Pradesh)

MANAGEMENT / TRUSTEES

S.No	Name	Designation/Position
1	Mr. John Martis	President
2.	Mr. Santhosh D souza	Vice President
3.	Dr. Gerald Pinto	Secretary
4.	Mrs. Mary D Souza	Joint Secretary
5.	Mr. Joseph Noronha	Treasurer
6.	Mr. Henry Menezes	Past President
7.	Dr. Edward Lobo	Founder President Founder Managing Trustee\
8.	Mr. Walter Cyril D souza	Founder Trustee
9.	Mr. Elroy Kiran Crasto	Trustee

SCHOOL MANAGEMENT COMMITTEE

S.No	Name	Designation/Position
1.	Dr. Edward Lobo	Medical Expert
2.	Dr. Thomas Quadros	Education Expert
3.	Dr. Eugene Dsouza	Education Expert
4.	Dr. P.V. Bhandary	Medical Expert (Psychiatrist)
5.	Mr. Jeevan Pereira	Legal Expert
6.	Mr. John Martis	
7.	Mr. Santosh Dsouza	
8.	Dr. Gerald Pinto	
9.	Mrs. Mary Dsouza	
10.	Mr. Joseph Noronha	
11.	Principal of MRTC	
12.	Vice Principal of MRTC	

ADVISORY COMMITTEE

S.No	Name
1.	Dr. Thomas Quadros
2.	Mr. William Baptist Machado
3.	President Catholic Sabha Udupi Pradesh
4.	President Catholic Sabha Shirva Varado
5.	President Catholic Sabha Pamboor Unit

TRUST OFFICE

S.No	Name	Qualification	Designation/Position
1	Mr. Jostin Quadros	B.Com	Accountant
2	Mrs. Sonal Dias	B.Com	Accounts Asst.
3	Mr. John Gomes	B.A.	Accounts/Office Asst.

MANASA SPECIAL SCHOOL STAFF

S.No	Name	Qualification	Designation/Position
1	Sr. Vinny Gonsalves	M.A.Spl B.Ed	Principal
2	Mrs. Muriel Premalatha	B.A. , D.SE	Vice Principal (Comp Data Entry)
3	Mrs. Vinaya Bailoor	D.SE	Teacher
4	Mrs. Prameela Shobhavathi	B.A. , D.SE	Teacher
5	Mrs. Shashikala M. Salian	B.A. , Spl B.Ed., D.SE	Teacher
6	Mr. Shankara Moolya	D.SE	Teacher
7	Mrs. Hemalatha Kunder	B.Com , Spl B.Ed., D.SE	Teacher (Comp Data Entry)
8	Ms. Prema Karkera	B.A., D.SE	Teacher
9	Ms. Shalini Kotian	D.SE	Teacher
10	Mrs. Reena D souza	B.A., Spl. B.Ed.	Teacher
11	Mrs. Shailashree Naik	B.A., D.SE	Teacher
12	Mrs. Jyothi Sundar	B.A., Spl. B.Ed.	Teacher
13	Mrs. Shailaja Pujary	B.A., Spl. B.Ed., D.SE	Teacher
14	Mrs. Ashwini	DECSE	Teacher
15	Mrs. Avila Monis	B.Com, DECSE	Teacher
16	Mrs. Asha	B.A., D.SE	Teacher
17	Mrs. Jyothi	DECSE	Teacher
18	Mr Guruprasad	CPEd	P.T. Teacher
19	Mrs. Shanti Soreng	PUC Tailoring Training	Voc. Teacher
20	Mr. William Quadros	S.S.L.C.	Driver
21	Mrs. Nagamma Guruva	Non Matric	Ayah
22	Mrs. Nadiya	Non Matric	Ayah

HOSTEL STAFF

S.No	Name	Qualification	Designation
1	Sr. Tinitha George	B.A. BEd	Warden
2	Mrs. Mariyamma	S.S.L.C	Cook
3	Mrs. Shashikala	Non Matric	Cook
4	Mrs. Baby Thomas	Non Matric	Cook
5	Mr. Sundara Kapira Koraga	Non Matric	Helper
6	Mrs. Lalitha	S.S.L.C	Helper
7	Mr. Mariappa	Non Matric	Helper
8	Mrs. Saku	Non Matric	Helper
9	Mrs. Jyothi	Non Matric	Helper
10	Mrs. Manjeshwari	Non Matric	Helper
11	Mrs. Mohini	Non Matric	Helper
12	Mr George Menezes	Non Matric	Watchman

MANASA AUTISM CENTRE

S.No	Name	Qualification	Designation
1	Mr. Joseph Anil Danthy	M.S.W. M.Phil PGDC	Programme Co-ordinator & Administrator
2	Mrs. Vidyashri	B.P.T	Physiotherapist
3	Ms. Pooja Pandith	M.Sc., S.L.P	Speech Therapist
4	Mrs. Sumana	M.S.W	Special Educator cum Councilor
5	Ms. Lisha Deona	B.A., DECSE	Special Educator
6	Mrs. Shruthi B.K.	D.Ed DECSE	Special Educator
7	Mrs. Archana	PUC	Helper
8	Mr. Sukesh	Non Matric	Helper

MAY - 2026**JUNE - 2026**

1	Fri	* Labour Day ಕಾರ್ಮಿಕರ ದಿನಾಚರಣೆ
2	Sat	
3	Sun	*
4	Mon	
5	Tue	
6	Wed	
7	Thu	
8	Fri	
9	Sat	
10	Sun	*
11	Mon	
12	Tue	
13	Wed	
14	Thu	
15	Fri	
16	Sat	
17	Sun	*
18	Mon	
19	Tue	
20	Wed	
21	Thu	
22	Fri	
23	Sat	
24	Sun	*
25	Mon	
26	Tue	
27	Wed	* Bakrid ಬಕ್ರೀದ್
28	Thu	
29	Fri	School Reopen
30	Sat	
31	Sun	*

1	Mon	
2	Tue	
3	Wed	
4	Thu	
5	Fri	Environment Day ಪರಿಸರ ದಿನಾಚರಣೆ
6	Sat	
7	Sun	*
8	Mon	
9	Tue	
10	Wed	
11	Thu	
12	Fri	
13	Sat	
14	Sun	*
15	Mon	
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	* Yoga Day ಯೋಗ ದಿನಾಚರಣೆ
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	* Moharam ಮೊಹರಂ
27	Sat	
28	Sun	*
29	Mon	
30	Tue	

JULY - 2026

AUGUST - 2026

1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	*
6	Mon	
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	
13	Mon	
14	Tue	
15	Wed	
16	Thu	
17	Fri	
18	Sat	
19	Sun	*
20	Mon	
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	*
27	Mon	Ist Quarter Exam
28	Tue	
29	Wed	
30	Thu	
31	Fri	

1	Sat	
2	Sun	*
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	*
10	Mon	
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	Independence Day ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆ
16	Sun	*
17	Mon	
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	
23	Sun	*
24	Mon	
25	Tue	* Eid Milad ಈದ್ ಮಿಲಾದ್
26	Wed	
27	Thu	
28	Fri	Raksha Bhandan ರಕ್ಷಾ ಬಂಧನ
29	Sat	
30	Sun	*
31	Mon	

SEPTEMBER - 2026

OCTOBER - 2026

1	Tue	
2	Wed	
3	Thu	
4	Fri	Sri Krishna Janmastami
		ಶ್ರೀ ಕೃಷ್ಣ ಜನ್ಮಾಷ್ಟಮಿ
5	Sat	Teacher's Day
		ಶಿಕ್ಷಕರ ದಿನಾಚರಣೆ
6	Sun	
7	Mon	
8	Tue	* Nativity of BVM
		ಕನ್ಯಾ ಮರಿಯಮ್ಮ ಜಯಂತಿ
9	Wed	
10	Thu	
11	Fri	
12	Sat	
13	Sun	*
14	Mon	Ganesha Chaturdashi
		ಗಣೇಶ ಚತುರ್ಥಿ
15	Tue	
16	Wed	
17	Thu	
18	Fri	
19	Sat	
20	Sun	
21	Mon	Mid Term Exam
		ಮಧ್ಯವಾರ್ಷಿಕ ಪರೀಕ್ಷೆ
22	Tue	
23	Wed	
24	Thu	
25	Fri	
26	Sat	
27	Sun	*
28	Mon	
29	Thu	
30	Wed	

1	Thu	
2	Fri	* Gandhi Jayanthi
		ಗಾಂಧೀ ಜಯಂತಿ
3	Sat	
4	Sun	*
5	Mon	
6	Tue	
7	Wed	
8	Thu	
9	Fri	
10	Sat	* Mahalaya Amavsye
		ಮಹಾಲಯ ಅಮಾವಾಸ್ಯೆ
11	Sun	
12	Mon	
13	Tue	
14	Wed	
15	Thu	
16	Fri	
17	Sat	
18	Sun	*
19	Mon	
20	Tue	* Ayudha Pooja,
		Mahanavami,
		ಆಯುಧಪೂಜೆ, ಮಹಾನವಮಿ
21	Wed	* Vijayadashami
		ವಿಜಯದಶಮಿ
22	Thu	
23	Fri	
24	Sat	
25	Sun	*
26	Mon	* Valmiki Jayanthi
		ವಾಲ್ಮೀಕಿ ಜಯಂತಿ
27	Tue	
28	Wed	
29	Thu	
30	Fri	
31	Sat	

NOVEMBER - 2026

DECEMBER - 2026

1	Sun	* Karnataka Rajyotsava ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವ	1	Tue	
2	Mon		2	Wed	
3	Tue		3	Thu	World Disable Day ವಿಶ್ವ ಅಂಗವಿಕಲರ ದಿನಾಚರಣೆ
4	Wed				
5	Thu		4	Fri	
6	Fri		5	Sat	
7	Sat		6	Sun	*
8	Sun	* Naraka Chaturdashi ನರಕ ಚತುರ್ದಶಿ	7	Mon	
9	Mon	* Deepavali	8	Tue	
10	Tue	* Balipadyami ಬಲಿಪಾಡ್ಯಮಿ	9	Wed	
11	Wed		10	Thu	
12	Thu		11	Fri	
13	Fri		12	Sat	
14	Sat	* Childrens Day & Founders Day ಮಕ್ಕಳ ದಿನಾಚರಣೆ & ಸಂಸ್ಥಾಪಕರ ದಿನಾಚರಣೆ	13	Sun	*
15	Sun	*	14	Mon	
16	Mon		15	Tue	
17	Tue		16	Wed	
18	Wed		17	Thu	
19	Thu		18	Fri	
20	Fri		19	Sat	
21	Sat		20	Sun	*
22	Sun	*	21	Mon	
23	Mon		22	Tue	
24	Tue		23	Wed	
25	Wed		24	Thu	* Christmas Eve ಕ್ರಿಸ್ಮಸ್ ಈವ್
26	Thu		25	Fri	* Christmas ಕ್ರಿಸ್ಮಸ್
27	Fri	* Kankadasa Jayanthi ಕನಕದಾಸ ಜಯಂತಿ	26	Sat	
28	Sat		27	Sun	*
29	Sun	*	28	Mon	
30	Mon		29	Tue	
			30	Wed	
			31	Thu	

JANUARY 2027**FEBRUARY 2027**

1	Fri	New Year's Day ಹೊಸ ವರ್ಷಾರಂಭ	1	Mon	
2	Sat		2	Tue	
3	Sun	*	3	Wed	
4	Mon		4	Thu	
5	Tue		5	Fri	
6	Wed		6	Sat	
7	Thu		7	Sun	*
8	Fri		8	Mon	
9	Sat		9	Tue	
10	Sun	*	10	Wed	
11	Mon		11	Thu	
12	Tue		12	Fri	
13	Wed		13	Sat	
14	Thu	* Makara Sankramana ಮಕರ ಸಂಕ್ರಮಣ	14	Sun	*
15	Fri		15	Mon	
16	Sat		16	Tue	
17	Sun	*	17	Wed	
18	Mon	2nd Qtr. Exam 2ನೇ ಕಿರುಪರೀಕ್ಷೆ	18	Thu	
19	Tue		19	Fri	
20	Wed		20	Sat	
21	Thu		21	Sun	*
22	Fri		22	Mon	
23	Sat		23	Tue	
24	Sun	*	24	Wed	
25	Mon		25	Thu	
26	Tue	* Republic Day ಗಣರಾಜ್ಯೋತ್ಸವ	26	Fri	
27	Wed		27	Sat	
28	Thu		28	Sun	*
29	Fri				
30	Sat				
31	Sun	*			

MARCH 2027

1	Mon	
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	* Maha Shivarathri ಮಹಾಶಿವರಾತ್ರಿ
7	Sun	*
8	Mon	
9	Tue	
10	Wed	* Ramzan ರಂಜಾನ್
11	Thu	
12	Fri	
13	Sat	
14	Sun	*
15	Mon	Annual Exam ವಾರ್ಷಿಕ ಪರೀಕ್ಷೆ
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	
22	Mon	* Holy ಹೋಲಿ ಹಬ್ಬ
23	Tue	
24	Wed	
25	Thu	
26	Fri	* Good Friday ಗುಡ್ ಫ್ರೈಡೆ
27	Sat	
28	Sun	* Easter ಈಸ್ಟರ್
29	Mon	
30	Tue	
31	Wed	

ARPIL 2027

1	Thu	
2	Fri	
3	Sat	
4	Sun	
5	Mon	
6	Tue	
7	Wed	* Ugadi ಯುಗಾದಿ
8	Thu	
9	Fri	
10	Sat	
11	Sun	
12	Mon	
13	Tue	
14	Wed	* Ambedkar Jayanthi ಅಂಬೇಡ್ಕರ್ ಜಯಂತಿ
15	Thu	
16	Fri	
17	Sat	
18	Sun	*
19	Mon	
20	Tue	
21	Wed	
22	Thu	
23	Fri	
24	Sat	
25	Sun	*
26	Mon	
27	Tue	
28	Wed	
29	Thu	
30	Fri	

LEAVE RECORD

Date	No of Days	Reason	Teacher's Signature	Parent's Signature

LEAVE RECORD

Date	No of Days	Reason	Teacher's Signature	Parent's Signature

LEAVE RECORD

Date	No of Days	Reason	Teacher's Signature	Parent's Signature

LEAVE RECORD

Date	No of Days	Reason	Teacher's Signature	Parent's Signature

TEACHER'S REMARKS

Date	Remarks	Teacher's Signature	Parent's Signature

TEACHER'S REMARKS

Date	Remarks	Teacher's Signature	Parent's Signature

PARENT TEACHER'S COMMUNICATION

(Parent/Teachers shall sign each communication/Reports)

Date	Remarks	Teacher's Signature	Parent's Signature

PARENT TEACHER'S COMMUNICATION

(Parent/Teachers shall sign each communication/Reports)

Date	Reason	Teacher's Signature	Parent's Signature

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Date	Reason	Teacher's Signature	Parent's Signature

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Date	Reason	Teacher's Signature	Parent's Signature

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Date	Reason	Teacher's Signature	Parent's Signature

PARENT TEACHER'S COMMUNICATION

(Parent/Teachers shall sign each communication/Reports)

Date	Reason	Teacher's Signature	Parent's Signature

PARENT TEACHER'S COMMUNICATION

(Parent/Teachers shall sign each communication/Reports)

Date	Reason	Teacher's Signature	Parent's Signature

PRINCIPAL'S REMARKS

(Parent/Principal shall sign each communication Reports)

Date	Reason	Principal's Signature	Parent's Signature

Ist Quarter Exam Time Table			IInd Quarter Exam Time Table		
Date	Subject	Timings	Date	Subject	Timings
Teacher's Signature			Teacher's Signature		
Parent's Signature			Parent's Signature		

IIIrd Quarter Exam Time Table				IVth Quarter Exam Time Table			
Date	Subject	Timings		Date	Subject	Timings	
Teacher's Signature			Parent's Signature	Teacher's Signature			Parent's Signature

TIME TABLE

Day/ Session	Assembly & Yoga	1st Period	Tea Snack Break	2nd Period	3rd Period	Lunch Break	4th Period	5th Period	6th Period	Zero Hours (Disperse)
MON										
TUE										
WED										
THU										
FRI										
SAT										

ಪ್ರಾರ್ಥನೆ 1

ಪೂಜ್ಯ ಕರಗಳನು
ಚಾಚು ಹೇ ದೇವಾ
ನನ್ನ ಸಮರ್ಪಣೆಯ
ನೀ ಸ್ವೀಕರಿಸು ಒಡೆಯಾ

(2)

1. ಪ್ರೀತಿ ವಾಕ್ಯವ ಬಿತ್ತಿರುವೆ
ನೀ ನನ್ನ ಹೃದಯದಲಿ
ದುಃಖ ಚಿಂತೆಯ ಕಳೆದಿರುವೆ
ನೀ ನನ್ನ ಮನಸ್ಸಿನಲ್ಲಿ
ನಿನ್ನ ಹಾದಿಯಲ್ಲಿ ಅನುದಿನವ
ನಡೆಯುವೆನು
ಧನ್ಯವಾದೆ ನಾನು ನಿನಗಾಗಿ ಬಾಳುವೆನು
ನಿಂಗಾಗಿ ಬಂದಿರುವೆ
ದಯೆ ದೋರು ಸ್ವೀಕರಿಸು
ಪೂಜ್ಯ ಕರಗಳನು ಸ್ವೀಕರಿಸು ಒಡೆಯಾ

ಪ್ರಾರ್ಥನೆ 2

ಜೀವನ ಪ್ರೀತಿ ಹಾಡಾಗಿದೆ
ಹಾಡಲೇ ಬೇಕು ಪ್ರತಿಯೊಬ್ಬರು
ಜೀವನ ದುಃಖ ಸಾಗರವು
ದಾಟಲೇ ಬೇಕು ಪ್ರತಿಯೊಬ್ಬರು

(2)

1. ನದಿ ದಾಟಲು ದೋಣಿ ಬೇಕು
ದೋಣಿ ನಡೆಸಲು ನಾವಿಕ ಬೇಕು
ನಾನು ನೀನೂ ಆ ದೋಣಿಗಳು
ದೇವರೇ ಆ ನಾವಿಕ
ಜೀವನ ಪ್ರೀತಿ
2. ರಾಗ ಹಾಡಲು ವೀಣೆ ಬೇಕು
ವೀಣೆ ನುಡಿಸಲು ವೈಣಿಕ ಬೇಕು
ನಾನು ನೀನೂ ಆ ವೀಣೆಗಳೂ
ದೇವರೇ ಆ ವೈಣಿಕ

(2)

(2)

ಪ್ರಾರ್ಥನೆ - 3

1. ನೀ ನನ್ನ ಆಶ್ರಯವೂ
ನೀ ನನ್ನ ಕೋಟಿಯೂ
ನೀ ನನ್ನ ಪ್ರಾಣನಾಥ
ನೀ ನನ್ ದೇವ } (2)

ಆರಾಧಿಸುವೆ ಪೂರ್ಣ ಹೃದಯದಿಂದ
ಹರಸಿ ನಿನ್ ಮುಖ ಜೀವಮಾನವೆಲ್ಲ
ಸೇವೆ ಮಾಡುವೆ ನೀನೇ ಸರ್ವವೆಂದು
ದಾಸ/ದಾಸಿ ನಾ ದಾಸ/ದಾಸಿ ನಾದೇವ (3)

2. ನೀ ನನ್ನ ಪಾಲಕನು
ನೀ ನನ್ನ ಆಶ್ವಾಸನೆ
ನೀ ನನ್ನ ಮುಂಬಲವು
ನೀ ನನ್ ದೇವ } (2)

ಆರಾಧಿಸುವೆ ಪೂರ್ಣ..... ದಾಸಿ / ದಾಸನು ದೇವಾ

ಧ್ವಜ ಗೀತೆ - 4

ಝಂಡಾ ಉಂಚ ರಹೇ ಹಮಾರ|| ಪ |
ವಿಜಯೀ ವಿಶ್ವತೀ ರಂಗ ಪ್ಯಾರಾ|
ಸದಾ ಶಕ್ತಿ ಬರ್ಸಾನೇ ವಾಲ್ಸಾ
ವೀರೊಂಕೋ ಹರ್ಶಾನೇ ವಾಲಾ
ಮಾತೃ ಭೂಮಿಕಾ ತನು ಮನು ಸಾರ || ಪ |

ಅವೋ ಪ್ಯಾರೇ ವಿರೋಂ ಅವೋ
ದೇಶ ಧರ್ಮಪರ್ ಬಲಿ ಬಲಿ ಜಾವೋ ||
ಎಕ್ ಸಾಥ್ ಸಭ್ ಮಿಲಕರ್ ಗಾವೋ||
ಪ್ಯಾರಾ ಭಾರತ್ ದೇಶ್ ಹಮಾರ || ಪ |

ಶಾನನ ಇಸಕೀ ಜಾನೇ ಪಾಯೆ |
ಜಾಹೇ ಜಾನ್ ಭಲೇ ಹೀ ಜಾಹೇ |
ವಿಶ್ವ ವಿಜಯಿ ಕರ್ ಕೆ ದಿಖ್‌ಲಾಯೇ |
ಸಬ್ ಹೋವೇ ಪ್ರಾಣ್ ಪೂರ್ಣ್ ಹಮಾರ || ಪ |

ಕನ್ನಡ ನಾಡಗೀತೆ - 5

ಜೈ! ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ!
ಜೈ! ಸುಂದರ ನದಿ ವನಗಳ ನಾಡೇ,
ಜಯ ಹೇ ರಸಖುಷಿಗಳ ಬೀಡೆ! || ಪ ||

ಭೂದೇವಿಯ ಮಕುಟದ ನವಮಣಿಯೆ,
ಗಂಧದ ಚಂದದ ಹೊನ್ನಿನ ಗಣಿಯೆ;
ರಾಘವ ಮಧುಸೂಧನರವತರಿಸಿದ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ !
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ!

ಜನನಿಯ ಜೋಗುಳ ವೇದದ ಘೋಷ,
ಜನನಿಗೆ ಜೀವವು ನಿನ್ನಾವೇಶ,
ಹಸುರಿನ ಗಿರಿಗಳ ಸಾಲೇ,
ನಿನ್ನಯ ಕೊರಳಿನ ಮಾಲೆ,
ಕಪಿಲ ಪತಂಜಲ ಗೌತಮ ಜಿನನುತ,
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ!

ಶಂಕರ ರಾಮಾನುಜ ವಿದ್ಯಾರಣ್ಯ,
ಬಸವೇಶ್ವರ ಮಧ್ವರ ದಿವ್ಯಾರಣ್ಯ
ರನ್ನ ಷಡಕ್ಷರಿ ಪೊನ್ನ,
ಪಂಪ ಲಕುಮಿಪತಿ ಜನ್ನ
ಕುಮಾರವ್ಯಾಸರ ಮಂಗಳ ಧಾಮ,
ಕವಿ ಕೋಗಿಲೆಗಳ ಪುಣ್ಯಾರಾಮ
ನಾನಕ ರಾಮಾನಂದ ಕಬೀರರ

ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ!
ತೈಲಪ ಹೊಯ್ಸಳರಾಳಿದ ನಾಡೇ,
ಡಂಕಣ ಜಕಣರ ನೆಚ್ಚಿನ ಬೀಡೆ
ಕೃಷ್ಣ ಶರಾವತಿ ತುಂಗಾ,
ಕಾವೇರಿಯ ವರ ರಂಗಾ
ಚೈತನ್ಯ ಪರಮಹಂಸ ವಿವೇಕರ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ!

ಸರ್ವ ಜನಾಂಗದ ಶಾಂತಿಯ ತೋಟ,
ರಸಿಕರ ಕಂಗಳ ಸೆಳೆಯುವ ನೋಟ
ಹಿಂದೂ ಕ್ರೈಸ್ತ ಮುಸಲ್ಮಾನ,
ಪಾರಸಿಕ ಜೈನರುದ್ಯಾನ
ಜನಕನ ಹೋಲುವ ದೊರೆಗಳ ಧಾಮ,
ಗಾಯಕ ವೈಣಿಕರಾರಾಮ
ಕನ್ನಡ ನುಡಿ ಕುಣಿದಾಡುವ ಗೇಹ,
ಕನ್ನಡ ತಾಯಿಯ ಮಕ್ಕಳ ದೇಹ

ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ
ಜಯ ಸುಂದರ ನದಿ ವನಗಳ ನಾಡೇ,
ಜಯ ಹೇ ರಸಖುಷಿಗಳ ಬೀಡೆ!
ಜಯ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ!

ವಂದೇ ಮಾತರಂ - 6

ವಂದೇ ಮಾತರಂ
ಸುಜಲಾಂ, ಸುಫಲಾಂ, ಮಲಯಜ ಶೀತಲಂ
ಸಸ್ಯ ಶ್ಯಾಮಲಾಂ ಮಾತರಂ|
ವಂದೇ ಮಾತರಂ|
ಶುಭ್ರ ಜ್ಯೋತ್ಸ್ನಾ ಪುಳಕಿತ ಯಾಮಿನೀಂ
ಪುಲ್ಲಕುಸುಮಿತ ಧ್ರುವದುಳ ಶೋಭಿನಿಂ
ಸುಹಾಸಿನಿ ಸುಮಧುರ ಭಾಷೀಣಿಂ
ಸುಖಿದಾಂ ವರದಾಂ, ಮಾತರಂ|
ವಂದೇ ಮಾತರಂ||

ರಾಷ್ಟ್ರಗೀತೆ - 7

ಜನ ಗಣ ಮನ ಅಧಿನಾಯಕ ಜಯ ಹೇ
ಭಾರತ ಭಾಗ್ಯ ವಿಧಾತಾ
ಪಂಜಾಬ ಸಿಂಧು ಗುಜರಾತ ಮರಾಠಾ
ದ್ರಾವಿಡ ಉತ್ಕಲ ವಂಗ
ವಿಂಧ್ಯ ಹಿಮಾಚಲ ಯಮುನಾ ಗಂಗಾ
ಉಚ್ಛಲ ಜಲಧಿ ತರಂಗ
ತವ ಶುಭ ನಾಮೇ ಜಾಗೇ
ತವ ಶುಭ ಆಶೀಶ ಮಾಗೇ
ಗಾಹೇ ತವ ಜಯ ಗಾಥಾ
ಜನ ಗಣ ಮಂಗಲ ದಾಯಕ ಜಯ ಹೇ
ಭಾರತ ಭಾಗ್ಯ ವಿಧಾತಾ
ಜಯ ಹೇ ಜಯ ಹೇ ಜಯ ಹೇ
ಜಯ ಜಯ ಜಯ ಜಯ ಹೇ



Youth 4 Jobs, Mangalore an NGO organized a training programme for our 16 students during January - 2026.



World Mental Health day was observed in association with Occupational Therapy Dept. MAHE, Manipal. Prof Keshav Ram, Occupational Therapist was the chief guest.



Team Manasa felicitated Bishop elect Msgr Dr Leslie Clifford Dsouza on February 02, 2026.



Rev Fr Jephryne Monis, Patron of Manasa was the Chief Guest for the Christmas Celebrations – 2025



A Dist. level BOCCE competition for Down syndrome students was held at Manasa school ground. Smt. Shyamala, Deputy Director, Department of Woman and Child Welfare & Smt. Rathna, Dist Disability Welfare Officer, Udupi were the guests.



Manasa School Boys as well as Girls BOCCE team bagged First place amongst ten special schools from Udupi Dist. on December 06, 2026.